

Apple-Pear-Blueberry Tarts

Serves 4

⅓ puff pastry recipe (at right)
about 2 tablespoons sparkling (coarse)
sugar
1 egg
¼ cup firmly packed light brown sugar
2 teaspoons all-purpose flour
1 cup peeled and diced (½-inch) Fuji
apple (about 1 medium)
1 cup peeled and diced (½-inch) Comice
or Bosc pear (about 1 medium)
2 tablespoons apple jelly
½ cup blueberries

Puff pastry (makes about 1½ pounds)

2 cups Wondra (instant) flour
1 teaspoon fine sea salt
about ¾ cup ice water
8 ounces very cold unsalted butter

For puff pastry, place flour and salt in the bowl of a mixer fitted with a dough hook. Mix on low speed, adding water a bit at a time until dough is sticky but not wet. Turn speed to high and mix for several seconds.

Place dough on a floured work surface and knead briefly if necessary. Form it into a disk about 6 inches in diameter. Using a thin knife, cut a ¾-inch crosshatch pattern about ½-inch deep in the surface of the dough to help it relax.

Place butter in the center of a 12-inch length of plastic wrap. Cover with a second piece of plastic and pound butter into a 6-inch square using a rolling pin. Set aside. Roll out the dough on the floured surface to form an 8- or 9-inch circle. Place butter in the center of the dough, then stretch and bring up the sides of the dough to encase the butter. Press to seal the seams well. Flour the dough and roll it into a rectangle measuring about 16 by 7 inches. Fold the bottom third of the dough up over the center; then fold the top third down and over it. Rotate the dough a quarter turn (90 degrees) to the right. Roll out again into a 16-by-7-inch rectangle, then fold the dough the same way again. Press two fingertips into the dough to indicate that it has been rolled and folded twice. Enclose dough in plastic wrap and refrigerate for at least 30 minutes.

Place dough on the floured surface, with the top fold opening to the left. Use rolling pin to press down on the two ends to seal the dough before rolling it out again. Roll and fold the dough as before, then turn it and repeat a fourth time. Mark with four fingers and refrigerate for at least another 30 minutes.

(recipe continues on reverse)

Roll and fold the dough 2 more times. Mark and refrigerate again for at least 30 minutes (or up to 2 days). Unused dough may be frozen.

Preheat oven to 375° F and position rack in the center. Line a baking sheet with Silpat or parchment.

On a well-floured board, roll the pastry into a rectangle measuring about 15 by 18 inches and ¼-inch thick. Cut into four 3½-inch squares.

Place sparkling sugar on a plate. Lightly beat egg in a small bowl and brush egg onto the top of each square, being careful not to let any drip over the edges (which would prevent the pastry from rising). Dip the egg-brushed side of the pastry into the sparkling sugar, letting excess sugar fall back into the dish. Place squares of pastry, sugar side up, on the prepared baking sheet.

Combine brown sugar and flour in a medium bowl. Add apples and pears and toss together. Place about ½ cup of the fruit in the center of each square, slightly mounded, leaving ½ inch of exposed pastry on all sides.

Bake for 15 minutes. Reduce heat to 350° F and bake for another 15 to 25 minutes, or until the edges of the tarts are golden. Remove from the oven and let rest on a cooling rack for just a few minutes. Carefully transfer the tarts to a tray.

Warm apple jelly slightly in a microwave so that it is just fluid enough to use as a glaze. Place blueberries in a bowl and toss with 1 tablespoon of apple jelly glaze. Brush the pears and apples with the remaining glaze. Top with the coated blueberries.

Adapted from Michel Richard, *Happy in the Kitchen* (2006)

Garden Café Français

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